WHAT IS CLAIMED IS:

1. An adaptive method for reducing power consumption in a standby mode of a digital radio communication terminal, comprising the steps of:

calculating the difference of edge timings between a main clock and a low frequency clock;

comparing the calculated timing difference with a predetermined difference reference value; and

upgrading or downgrading a catnap period according to a result of said comparing step.

2. An adaptive method for reducing power consumption in a standby mode of a digital radio communication terminal, comprising the steps of:

(A) calculating the difference of edge timings between a main clock and a low frequency clock;

(B) comparing the calculated timing difference with a predetermined difference reference value;

(C) upgrading or downgrading a catnap period calculation variable according to a result of step (B);

(D) comparing the upgraded or downgraded catnap period calculation variable with predetermined maximum and minimum critical values; and

(E) shortening or lengthening the catnap period according to a result of step (D).

3. An adaptive method for reducing power consumption in a standby mode of a digital radio communication terminal system according to claim 2, further comprising the steps of:

(F) comparing the catnap period calculation variable with the predetermined maximum critical value;

(G) shortening the catnap period if the catnap period calculation variable is greater than the maximum critical value;

(H) comparing the catnap period calculation variable with the predetermined minimum critical value if the catnap period calculation variable is less than or equal to the maximum critical value; and

(I) lengthening the catnap period if the catnap period calculation variable is less than the minimum critical variable.